Bring Back Your Bright Smile with Professional Dental Cleaning

A confident smile starts with clean and healthy teeth. Over time, even with regular brushing and flossing, **plaque, tartar, and stains** build up on the teeth. These not only affect your appearance but also harm your gums and overall oral health.

At **Tatva Dental Clinic, Ratlam,** our dental cleaning treatment helps remove tartar deposits, stains, and bacteria, giving you a fresh, healthy, and bright smile. Whether it's yellowish deposits, bad breath, or bleeding gums, dental cleaning can solve it all in just one sitting.

What is Dental Cleaning (Scaling & Polishing)?

Dental cleaning, also known as **scaling and polishing**, is a preventive dental procedure performed by professionals to:

- Remove **plaque and tartar** that cannot be eliminated by brushing.
- Clean **gum line areas** where bacteria often cause infections.
- Polish teeth to make them smooth and shiny.

This procedure is completely safe, painless, and essential for maintaining long-term oral health.

Why is Dental Cleaning Important?

Regular dental cleaning is not only about appearance but also about preventing serious dental and health issues.

1. **Removes Tough Stains & Tartar**
    - Brushing cannot remove hardened tartar, but scaling effectively does.
2. **Prevents Gum Diseases**
    - Reduces risk of **gingivitis and periodontitis**, which can cause tooth loss if untreated.

3. **Keeps Breath Fresh**
    - Eliminates bacteria and deposits that cause bad breath.
4. **Brightens Your Smile**
    - Restores your natural tooth color for a confident smile.
5. **Protects Overall Health**
    - Poor oral hygiene has been linked with **heart disease, diabetes, and respiratory problems**.

Before & After Results

As shown in the images above:

- **Before Cleaning:** Teeth with heavy tartar, yellowish stains, and unhealthy gums.
- **After Cleaning:** Clean, white teeth, healthier gums, and a brighter smile.

This visible transformation is possible within a **single sitting at Tatva Dental Clinic, Ratlam**.

When Should You Get Dental Cleaning Done?

- Every **6 months** (for preventive oral care).
- If you notice:
    - Yellow or brown stains.
    - Bleeding gums while brushing.
    - Bad breath despite good oral care.
    - Tooth sensitivity near the gums.
- Before cosmetic or orthodontic treatments (like braces, aligners, implants, crowns, etc.).

Step-by-Step Dental Cleaning Procedure at Tatva Dental Clinic

1. **Examination** – Dentist checks teeth and gums.
2. **Scaling** – Ultrasonic instruments gently remove tartar and stains.
3. **Polishing** – Teeth are polished to make them smooth and shiny.
4. **Fluoride Application (if required)** – Strengthens enamel and prevents cavities.
5. **Oral Hygiene Guidance** – Tips on brushing, flossing, and diet for healthy teeth.

The entire process usually takes **30–45 minutes** and is **completely painless**.

Common Myths About Dental Cleaning

- ✕ *It makes teeth loose.*
  ✔ Cleaning only removes tartar; teeth feel lighter and healthier, not loose.
- ✕ *It wears down enamel.*
  ✔ Professional scaling is safe and does not harm enamel.
- ✕ *It is painful.*
  ✔ With advanced ultrasonic tools, the procedure is quick and comfortable.

TATVA DENTAL

Why Choose Tatva Dental Clinic, Ratlam?

✅ Experienced dentists – **Dr. Nikita Dubey & Dr. Rajat Dubey (MDS)**
✅ Modern dental equipment for painless treatments
✅ Hygienic, patient-friendly environment
✅ Affordable and effective care
✅ Trusted by hundreds of patients in Ratlam

FAQs on Dental Cleaning

1. How often should I get dental cleaning done?
Ideally, once every 6 months.

2. Does dental cleaning whiten teeth?
Yes, it removes surface stains and tartar, making teeth look naturally whiter.

3. Is there any downtime after cleaning?
No, you can resume normal activities immediately.

4. Can children get dental cleaning?
Yes, children should also get regular check-ups and cleaning to prevent cavities.

Contact Tatva Dental Clinic

Address: 78, Rajiv Nagar, Kasturba Nagar, Ratlam, Madhya Pradesh 457001
Phone/WhatsApp: +91 83192 55203
✨ **Tatva Dental – Your Trusted Dental Care in Ratlam**

TATVA DENTAL